

SPEECH CLASS

- Speech therapists can help with issues related to:
 - Thinking and memory
 - Swallowing
 - Communication

- Common challenges with thinking and memory
 - Mixing up/forgetting appointments
 - Forgetting to pay a bill
 - Issues sorting medications
 - Trouble remembering to take medications
 - Forgetting what someone told you when they leave a room
 - Being told “we already talked about that”
 - Difficulty finding your words (“its on the tip of my tongue, I KNOW this word”)
 - Going into a room and forgetting why you are there

- Speech therapy can help you with strategies for thinking and memory
 - Calendars
 - Lists
 - Repeating what you want to remember
 - Taking notes
 - Using your phone for alarms/calendars
 - Describing the word you want to say
 - And more!